

Who's Who in Foodville Among the Fine Black Teas

A Black Tea Has Been Fermented, and So Leaves Less Tannin in Your Cup

By Anne L. Pierce

TEA among us has formerly been considered primarily a drink for old women and maiden ladies—the tea table was distinctively a “hen party”; rarely was a man inveigled into cheering himself with tea. But the war and prohibition have conspired to convince American men that tea is a real drink. Tommy Atkins in the trenches with his tea tablets could produce a warm, stimulating, fragrant brew in a few moments with water and a bit of fire, and our men, with their new international contacts, take much more kindly to tea for these associations. For trench life, obviously, was not a Jane Austen tea party!

The Main Points About a Tea

Like coffee, tea is desired for its aroma, its stimulating effect and its delicate flavor rather than for its food value, of which, truth to tell, it has none. There is something soothing about tea, as well as stimulating, however. Perhaps it is merely the atmosphere of leisure and relaxation that it creates—both admirable things for this land of “speeding up,” quick results and lots of them, quick lunches, etc.

Black or Green

As with coffee, the thing is to get a cup that has the essential oils and volatile essences, flavor, aroma, with the least tannin or bitter astringent principle. The first step in this direction is to get a black tea rather than a green one. The difference is not in the tea—both may come from the same plant—but in its treatment, the black tea being fermented and the tannin rendered less soluble, while the green is only steamed and dried, keeping the color bright.

Originally tea leaves are 80 per cent water, but they reach us with only about 6 per cent to 9 per cent left.

More than half of our teas come from China and Japan, about 40 per cent or so coming from Ceylon, India, etc.

What Is “Orange Pekoe”?

Another leading point about teas is that they be made from the young shoots and little leaves, and not of foreign leaves, stems, tea dust, spent or exhausted leaves or fragments. The finest Chinese tea, according to Leach, seldom gets outside of China, being made of the end leaves of the shoot, merely buds, and called “Flowery Pekoe.” The Orange Pekoe, of which many are so fond because of its delicacy, refers merely to the selection of the next size of young leaves, and so gives a high grade of tea with high solubility.

The Customs Service Watches Your Teacup

In days gone by the facing of teas with coloring materials, such as

Prussian blue or ultramarine, was one of the common forms of adulteration, as it brightened up inferior grades and made them look like their betters. But under the special tea laws administered by the Treasury Department in connection with the collection of customs all of these points are carefully covered by inspection, and such evils have practically disappeared.

The Institute chemist in reporting on these samples remarks that while they are all above the standard requirements, ten years ago 50 per cent of the teas he examined were faced or adulterated with sand or tea dust.

The great improvement in the purity and character of our food supplies is now taken for granted, but before the control of these points competition was forcing food standards lower and lower—the honest merchant had little chance to profitably maintain a high grade product. But the food law dammed this whole tendency and turned the currents of trade toward quality and fair conditions of competition.

What Is In a Cup of Tea?

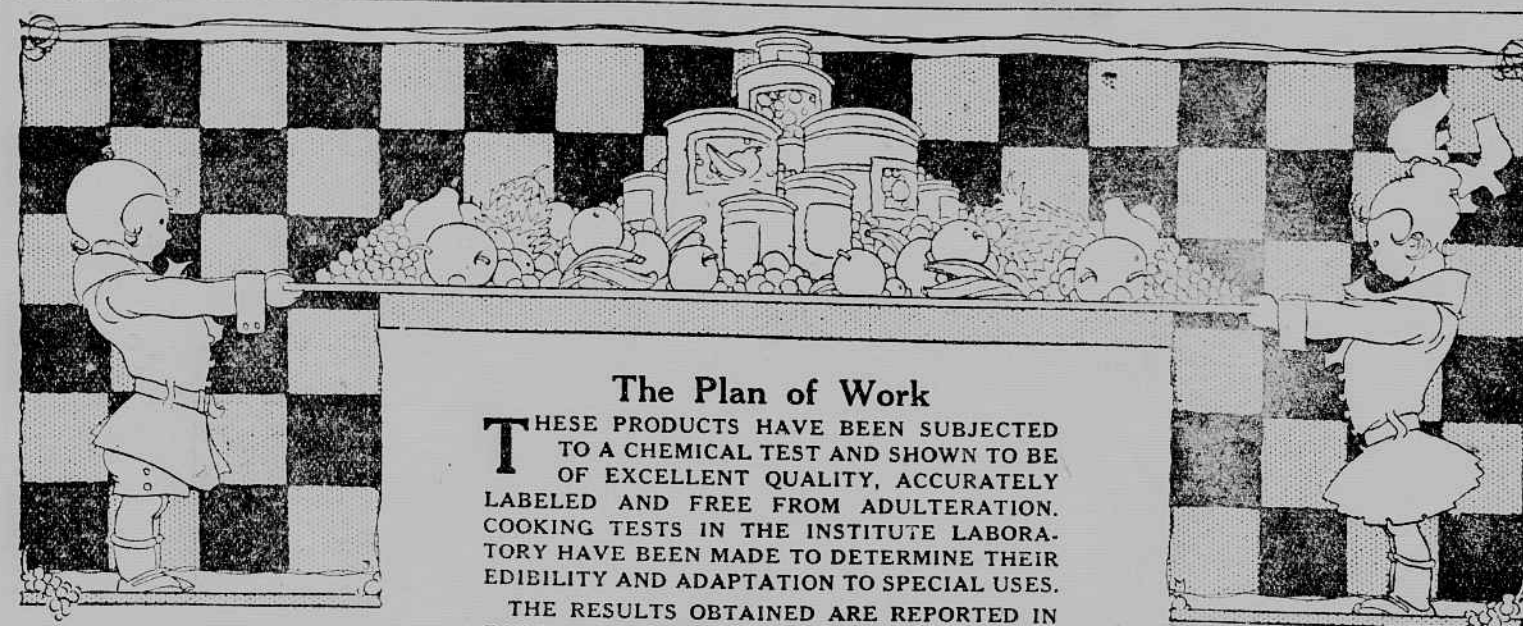
The chemical analysis of a tea is not so important as the cup tests and physical comparison with standards. The only requirement chemically is that tea shall not contain less than 4 per cent of mineral matter nor more than 7 per cent. (The teas examined in the Institute all ran about 5 per cent to 6 per cent—a perfect average.)

This requirement is made because it represents the natural condition of a good clean tea as to mineral matter (“ash,” the chemist calls it, because when the sample is burned only the minerals remain as ash). Spent leaves already exhausted would give a low ash, and a tea of stems, dust and faced leaves would give a very high ash. Hence the limits set by Uncle Sam in this regard.

How Much Tannin and Theine in Tea?

Standard analyses on known samples show that there is about 13 per cent to 19 per cent of tannin and 2 per cent to 3.3 per cent of theine in black teas. The samples examined ran true to form, showing about 3 per cent of theine (White Rose highest, with 3.19, and the other three ranging only from 2.5 to 2.8). As to tannin, there was more diversity—the White Rose and Lipton's (the two strongest teas by taste) having 11.5 and Tetley's (the weakest or most delicate) only 8.8 per cent, while the Salada had the highest, or 16 per cent.

How much tannin you get in the beverage depends, however, largely on the teamaker, as it dissolves more slowly than the theine, and



The Plan of Work

THESE PRODUCTS HAVE BEEN SUBJECTED TO A CHEMICAL TEST AND SHOWN TO BE OF EXCELLENT QUALITY, ACCURATELY LABELED AND FREE FROM ADULTERATION. COOKING TESTS IN THE INSTITUTE LABORATORY HAVE BEEN MADE TO DETERMINE THEIR EDIBILITY AND ADAPTATION TO SPECIAL USES. THE RESULTS OBTAINED ARE REPORTED IN PART ON THIS PAGE, AND ANY FURTHER INFORMATION DESIRED MAY BE OBTAINED BY APPLICATION TO THE INSTITUTE.

ANNE LEWIS PIERCE,
Director Tribune Institute

if you never let the tea stand on the leaves more than three minutes you will get comparatively little in your cup.

Which Is the More Stimulating—Tea or Coffee?

The question of whether tea or coffee is more harmful and which contains the more caffeine or theine (the same principle) is often raised. Coffee has about 1 per cent of caffeine and tea 2.5 per cent to 3.3 per cent of theine. But, as a matter of fact, you use two level tablespoonsful of coffee to the cup and only half a teaspoonful to a teaspoonful



Four Distinguished Teas

Lipton's—New York City
Lipton's Tea (Extra Choice Blend of Ceylon and India Tea Black Blend A)
Salada Tea Co., Boston, Mass.
Salada Black Tea, Orange Pekoe
Seeman Bros., New York
White Rose Ceylon Tea
Tetley, Jos., & Co., New York City
Tetley's Black India and Ceylon Tea

the differences in strength and flavor being subject to individual taste.

Served With Tea

Thin bread and butter sandwiches, sandwiches that are half brown and



half white; tiny short biscuit, crisp toast, with or without cinnamon or jam, are the classic and ideal accompaniments of tea. A strawberry jam sandwich of toast or thin bread and butter, or orange marmalade or a bit of cream cheese and chives, is enough for a feast, and we lose the charm and character of “tea, toast and talk” about the table if it becomes a more elaborate occasion. Whether one should use lemon or cream in the beverage is another moot point among tea drinkers. Personally we think the cream masks the fragrance and quality of the tea. It does not add to it, as in the case of coffee, and so little is used that the effect on digestion can be but slight. Theoretically, however, the cream is said to dilute the tannin just so much and so render it less objectionable, just as drinking tea

The Soluble Young Leaves

The younger the leaf the more water-soluble matter you will get out of it. So this is another test of quality. Any tea much below 32 per cent soluble is to be looked at askance. The samples tested ran from 33 per cent to 42 per cent in this regard, the Salada having the highest (and as the labeled “Orange Pekoe” of the collection, made from smaller leaves, it should have), the other three teas varying from 33 per cent to 36 per cent, which is very satisfactory for leaves of this size.

All of the four teas analyzed and tested were considerably above standard requirements as a whole and of excellent flavor and aroma,

the packed fruit either plain boiling water or a thin hot syrup made as follows and prepared in advance:

Add three quarts of water to two quarts of sugar and boil only enough to dissolve all of the sugar; it should not be sticky. This is only a 12 to 20 per cent syrup, as compared with a thick or 50 to 64 per cent syrup. Place rubbers and caps in position, but only partially seal. Sterilize for sixteen minutes in a home-made or commercial water bath if sugar syrup is used, and thirty minutes with the water only, counting only the time when the water is boiling violently, and have the water two or three inches above the jars.

Remove, tighten covers, invert to cool and test seal. Wrap in paper to prevent bleaching and store in a cool, dark place if possible.

Peaches, blueberries, plums and cherries stand this treatment particularly well.

Hard Fruits, Apples, Pears and Quinces

Peel and slice or cut in sections. Dip into cold, slightly salted water and then blanch in live steam for 1.5 minutes. Dip quickly into cold water. Pack in hot jars and cover with either the thin hot syrup just described or with boiling water only. Sterilize for twenty minutes.

No pressure cooker, no expensive apparatus of any kind is needed to store away these useful jars for the winter time. Just the faithful old clothes boiler (which the washing machine has probably put on the retired list, anyway), a false bottom for it to keep the jars from breaking, a double boiler and some cheesecloth (for blanching and cold dipping), and the jars may be accumulated so gradually that you will hardly know you are doing it at all. An orgy of canning on the hottest day of the year is not necessary.

“Lest We Forget” The Cold Pack Method

IN THE Tribune Institute kitchen there stand many jars of fruits and vegetables, put up during our first year in the war by the cold pack method, using boiling water alike for fruits and vegetables. They look as good as new, and some thirty or forty cans given away at Christmas time to the force were all eaten with enthusiasm and no botulism was reported.

These jars, moreover, were put up under demonstration conditions in markets and department stores and were used for display in store windows. “Treat ‘em rough” was the slogan, and they are real veterans to have survived it all. Only the other day a visitor at the laboratory told us that the string beans and vegetables from her garden had all been satisfactorily put up in this way, while some done by the open kettle had shown that deadly “flat sour,” the great enemy of canned beans.

The real problem, however, affects the fruits, not the vegetables, in connection with the sugar shortage. Note that even when a light sugar syrup is used in comparison with that needed for preserves and jams and jellies. The following outline of the method, with the times of sterilization for the most successful fruits, when using the home washboiler (water bath) method may be of service to some who have not kept their war recipes. Further details can be obtained from the government bulletins or from the Institute on request.

Canning Soft Fruits and Berries

After hulling, steaming or peeling the fruit as may be needed place it in a strainer and pour cold water over it. These soft fruits are not blanched. Pack at once into hot jars taken direct from the sterilizer and complete each jar as filled; do not fill them in series. Pour over

Appliances for the Proper Making of Tea

THE first cup of tea may be served in three minutes after the boiling water is applied, but how about the second cup? Does that stand on the tea leaves for ten minutes or more while you talk? If so, though you may dilute it, you are getting more tannin and less of the aromatic principles than you should.

The tea ball is one solution for the single cup or for serving two. The tea ball in the shape of a spoon is in some ways more convenient still, but for a tea party of more

than two the tea ball teapot or the London Tea Bob is the thing to insure a wholesome tea and give a second cup that is as good as the first.

The London Teapot, whose portrait is shown to the left, is made of casserole ware (your true tea drinker never uses a metal pot for tea), with special inside workings of seamless aluminum. You have only to measure your tea and your boiling water accurately and the tea bob takes over the responsibility of the time of brewing. In

fact, it refuses to let your tea steep longer than it should.

The special parts are an aluminum cylinder with a band of perforations around the center, a drum air float and a time cup, with a small hole in the bottom. When the water has all escaped from the time cup (and the tiny hole regulates this properly) the float “bobs up,” taking the leaves out of the water and preventing further steeping. In other words, you have an automatic tea ball teapot that requires no watching and detracts no attention from gossip or meal getting, as the case may be.

The more ornate china pot is merely a tea ball teapot, with no inner mysteries except the alumi-

num ball on a chain, but you can pull it up through the center of the cover and make a convenient mooring by slipping the chain into a notch in the depression which holds the cover knob. The pot pictured makes four cups of tea and pours well.

Tea Bob.

Made by the Bevefuser Co., Somerville, Mass.

Tea Ball Teapot (nickel-plated steel, with wooden handle).

Made by Manning, Bowman & Co., Meriden, Conn.

Royal Rochester Tea Ball Teapot. Gold decorated and white china, with nickel-plated cover.

Made by the Rochester Stamping Co., Rochester, N. Y.



More Than Three to Five Minutes' Standing and the Best Tea Is Partly Spoiled

By Anna Stanley

THE simple art of teamaking, so we are told, was once a very complicated operation in Tibet. To begin with, the tea came in bricks fetched by caravan from China. Mixed with the tea leaves were a few twigs and sticks proving that it was “genuine stuff.” A piece of the brick was broken off, ground to a fine powder in a mortar and boiled with water for five minutes, a little salt being added. The fluid was then poured through a bamboo and strained into a wooden churn. A piece of butter and some parched barley meal were contributed and the mixture was churned for a minute or so. After this lengthy operation the tea was ready to be served at the party and each partaker drew from his bosom a wooden bowl which served as a cup.

Amounts and Methods

Contrast the simple modern process, a pinch of tea and boiling water and few minutes' infusion, and we have that fragrant beverage which has “such power to cheer” as the English say. However we advise that you be not reckless with your tea leaves. A mildly fragrant drink is possible by using only one-half teaspoonful of tea to one cupful of boiling water. A level teaspoonful may be used if a strong brew is desired.

A three-minute infusion in most cases gives a pleasant drink, but if a stronger beverage is preferred, five minutes of steeping may be tolerated. It is better, however, to increase the amount of tea used. In any event never boil your tea or allow it to stand on the grounds more than five minutes.

The simplest method of making tea is using a tea ball and as soon as the tea has infused the proper length of time it can be removed with a minimum of trouble. An earthenware or china pot is preferable as metal seems to detract from the flavor of the tea and even gives an unpleasant tang at times. Always warm the pot with boiling water before making the tea and take care that the water is just freshly boiled.

How Not to Make Tea

Among the negroes and the Southern mill-village women and the foreign born in the city settlements, the teapot too often stands perennially on the back of the stove. One can not but pity the poor, ill-nourished women and babies who partake of the slow poison many times daily from the pot which stands for days on the stove with the “cooking tea” within and is only replenished once in a while with a dipperful of water and a handful of tea. It is a real service to spread the gospel of “harmless teamaking” for no beverage is more abused.

On a hot summer afternoon there is nothing more refreshing and more dainty to serve than tea and clinking ice in tall thin glasses. It may be made simply with sliced lemon or orange or crystallized ginger and a few cloves, or in combination with fruit juices or ginger ale. The tea should be made about twice as strong for this use, as the ice and juices dilute it. Double the tea used—rather than to increase the time of steeping.

Some Drinks Involving Tea

Plain Iced Tea

Pour about six cupful of boiling water over six teaspoonsful of tea. Allow to stand about five minutes and pour the tea off the leaves. Strain and add about six or eight cloves, a few slices of lemon and orange and one-fourth cupful of sugar syrup (one-half cupful sugar). Allow to stand about fifteen minutes and cool. Serve over crushed ice.

Afternoon Tea

Conventional afternoon tea is best made with a tea ball directly in the cup or in a teapot with a maraschino cherry, a clove and a slice of lemon or orange or a lime drop in the bottom of the cup before making the tea. Another pleasing innovation that will excite comment is to serve loaf sugar with the tea which has been previously soaked for a few seconds in fruit juices—for example, pineapple, lemon or orange. These keep in a covered jar for several weeks and so are quite easy to have on hand.

White Grape Juice Punch

Make about one quart of tea, using two tablespoonsful of tea and one-half bunch of fresh mint. Allow to stand about four minutes and strain. Cool and add one cupful of sugar or syrup, two sliced lemons and one sliced orange. Chill and when ready to serve add one pint of white grape juice, a pint of cracked ice and one pint of fresh raspberries. Serve in tall glasses with straws. Pitted oxheart cher-

ries may be used instead of the berries and a few pieces of crystallized ginger may be added to give an unusual tang.

Strawberryade

Mash about one pint of strawberries, add the juice of two lemons, one-half cupful of cold tea, sugar syrup to taste and two tablespoonsful of shredded pineapple. Allow to stand on ice for several hours and serve with one pint of ginger ale, one and a half pints of carbonated water and one pint of crushed ice. Plain water may be substituted for the carbonated if desired.

Loganberry Fruit Cup

Combine one cupful of strained tea, three slices of cucumber, the juice of two lemons, a stick of cinnamon, one-half cupful of syrup and a quarter of a cupful of honey. Stir until the syrup and the honey are dissolved. Chill and when ready to serve add one quart of loganberry juice, one cupful of pitted cherries and a thinly sliced lemon. Remove the cinnamon, add one pint of Apollinaris water and pour over a block of ice or serve in glasses with crushed ice. A little mint may be added if desired.

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